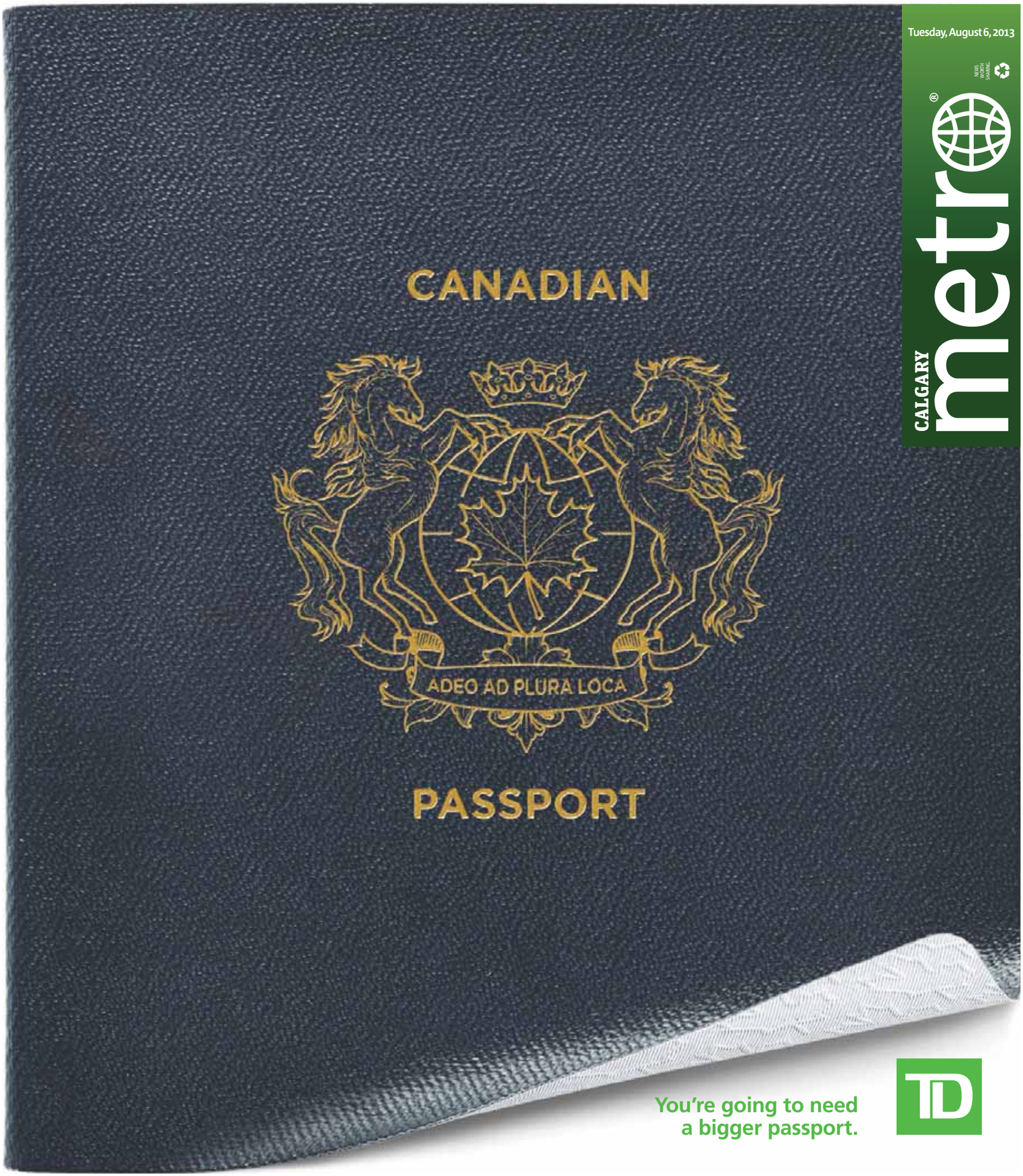
Tuesday, August 6, 2013

CALGARY metro



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The $330,000 hamburger

And it's not even tasty? Scientists have cooked up the world's first lab-grown patty PAGE 6

BLACK(BALL) RUSSIAN

TWO CALGARY BARS DRAINING RUSSIAN VODKA TO PROTEST COUNTRY'S NEW ANTI-GAY LAWS PAGE 4

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DUBIOUS RETURN

In his first game back in the majors since hip surgery, New York Yankees third baseman Alex Rodriguez throws to first base during the sixth inning against the Chicago White Sox in Chicago, Monday. It was the same day Major League Baseball announced a 211-game suspension against him for doping, set to take effect Thursday, pending an appeal. Story, page 19. PAUL BEATY/THE ASSOCIATED PRESS

Add 100 cabs to fleet: Report

'Hot-button issue.'
City's population growth driving need: Committee chair

JEREMY NOLAIS
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Calgary should license 100 more taxis to meet the city's growing demand for service, according to a new report that will likely go before council next month.

Jonathon Campbell, chair of the city's Taxi Limousine Advisory Committee, said he's confirmed the 100-plate request, based on a report detailing a formula developed by Hara Associates to address annual taxi supply-demand ratios.

Campbell said a certain percentage of the vehicles receiving the new plates will be wheelchair-accessible and he expects all will come with a requirement mandating new rides be in service during peak bar hours on the weekends.

Council does have the ability to shoot down the request, but Campbell isn't worried.

"Being that it's an election year, being that it's a hot-button issue, I'm very confident that council will approve the amount of plates that we're looking for," he said.

City council already approved 55 more accessible taxi plates last year, bringing the city's total fleet to 1,466 vehicles that are able to be driven by 4,097 licensed drivers.

Ald. Ray Jones, who's long suggested that more cabbies simply needed to work night shifts to alleviate peak-hour service issues, said Monday he's aware of the 100-plate request and is now sold.

"Based on what the industry's saying now compared to what was said before, I'm in agreement with opening it up," he said.

Other aldermen reached by Metro on Monday said they would like to see more information before weighing in.

Rajiv Kapil, head of the Calgary Cab Drivers Association, said 100 more vehicles is a "good step," but said it still won't bring service equal with demand.

"The economy's growing, the city's developing ... first the city needs to approve 300 more cabs, then they should look to add 30-50 more every year depending on population growth of the city," he said.

Hara report

A group of brokers first pitched adding 50 cabs ahead of this year's Stampede, but that was turned down while industry proponents awaited the report.

- The report relies on census data, but that could change to include info on wait times and complaints.

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Bloody long weekend

1 killed, 6 injured by knife violence

Seven people were stabbed, including one fatally, in four incidents over the long weekend, according to police.

The homicide unit is investigating the most serious case, which saw a man suffering from multiple stab wounds stumble into a coffee shop parking lot in the 3900 block of 17th Avenue S.E. and collapse Saturday night. He later died in hospital.

Elsewhere, police interviewed roughly 20 witnesses after two stabbing incidents occurred in the 500 block of Abadan Place N.E. in less than 24 hours, in which four people suffered knife wounds.

Police say the incidents are linked and stem from a dispute between neighbours. Finally, police were on scene Monday morning after a man and woman were stabbed in the 200 block of 86th Avenue S.E. around 8 a.m.

"Both victims are in stable condition with non-life-threatening injuries," said Insp. Chris Butler. METRO

2004 stabbing death

Murder charge in cold case

Police announced charges Sunday in relation to the 2004 stabbing death of Shane Johnson. Yousuf Bikila, 33, was arrested Saturday and faces a charge of first-degree murder. Police said Johnson, 23, was stabbed on Jan. 25, 2004, after leaving the NYLA nightclub, where he had been involved in a dispute with another man. METRO

Audience members shake it out during a performance by Alabama Shakes on opening night of the 2013 Calgary Folk Music Festival. Event organizers have explored moving the event to another site after multiple floods, but will likely now focus efforts on working with the city to improve mitigation in the area. CANDICE WARD/FOR METRO

Event planners on Prince's Island Park eye changes

Floodway. Theatre Calgary president fears future disaster at popular site

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Multiple floods in recent memory at Calgary's Prince's Island Park have the hosts of at least one annual arts showcase exploring options for a new home.

Theatre Calgary's Shakespeare in the Park was forced to relocate its 2013 Romeo and Juliet performances to the amphitheatre at Mount Royal University after heavy floodwaters rushed through its normal spot on the island June 20.

It was the second time in five years the site has been flooded, according to organization president Tom McCabe. He added that Theatre Calgary has secured funding from a sponsor to build a new stage for the event in the coming years, but isn't sure that Prince's Island is the appropriate spot, given what's happened.

"We've written this year off ... I suppose, when you add everything in we've lost $100,000," he said. "It just might be the best thing that's ever happened to us if we consider new locations, I'm not sure where it will be though."

Prince's Island is located almost entirely in what's known as a floodway, according to maps made available online by the provincial government. Under new regulations, homes in such areas will not be able to access disaster-recovery funding in the event of future flooding but it remains unclear if those rules will apply to infrastructure as well.

The Calgary Folk Music Festival, which is the biggest attendance draw annually on Prince's Island, has also explored the possibility of moving to a new venue in recent weeks — Elliston Park, site of the annual GlobalFest, was perhaps the most notable site — but general manager Les Siemieniuk said a lack of available power, parking and other amenities were major concerns.

The organization also previously looked at the once-vacant Currie Barracks after the 2005 flood, Siemieniuk said, but added he doesn't see a change of venue panning out.

Event information

- Shakespeare in the Park's Romeo and Juliet runs daily at 7 p.m. at the Mount Royal University amphitheatre. There is a 2 p.m. matinee on weekends as well. Admission is pay-what-you-will. More information is available at theatrecalgary.com.
- The Calgary Folk Music Festival was able to get its site back to working order in time for this year's run July 25-28, with the only change being moving one stage and its artisan market to Eau Claire. All but a few final-day tickets were sold.

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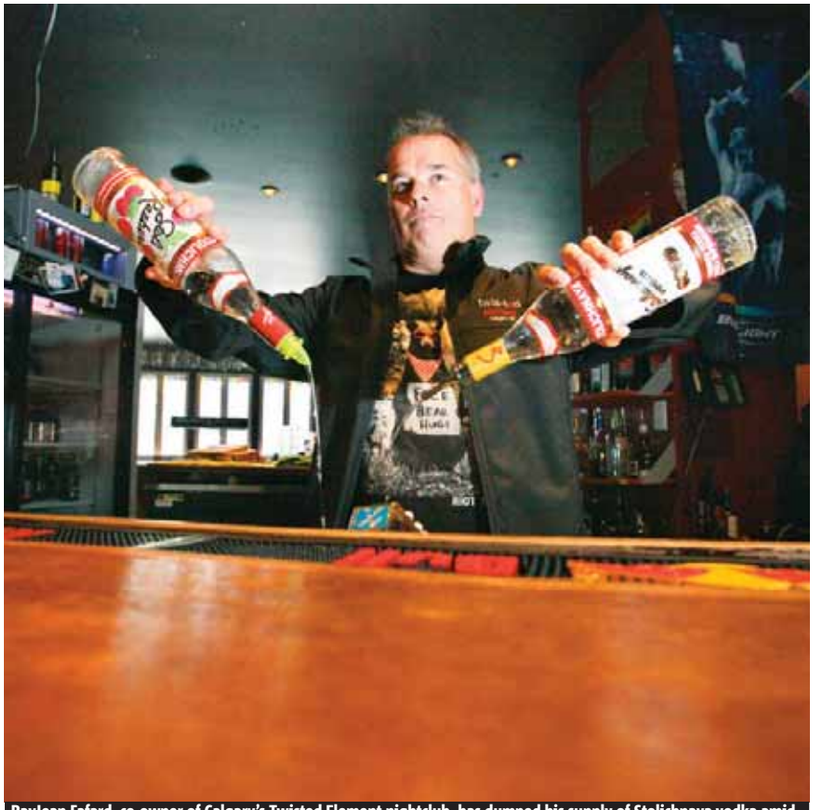

RayJean Fafard, co-owner of Calgary's Twisted Element nightclub, has dumped his supply of Stolichnaya vodka amid controversy over a recent law cracking down on gay freedom in Russia. ROBSON FLETCHER/METRO

Calgary bars ditch Russian vodka over anti-gay law

Olympics controversy. Some gay athletes are calling for boycott of Sochi Games

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Owners of two Calgary gay bars have emptied their stock of certain vodka brands to protest a Russian law barring public displays of affection among members of the gay community, Pride rallies and other pro-gay demonstrations.

The new measure, signed in by President Vladimir Putin in late June, has led some openly gay athletes to call for a boycott of the 2014 Sochi Olympics.

Here in Calgary, RayJean Fafard, co-owner of the gay nightclub Twisted Element, said his club was among the first in Canada to pull Stolichnaya vodka from its shelves more than two weeks ago.

Twisted is one of three gay entertainment venues in Calgary, along with Texas Lounge and The Back Lot, and hosts roughly 3,000 partiers weekly, Fafard said.

"Everybody is very supportive of it (the ban)," he said. "I have Russians coming in all the time to my club, crying on my shoulders all the time, wishing they could do what they do in my nightclub in Russia, which is be themselves."

Daniel Mallett, a bartender at The Back Lot, confirmed Monday that the club has followed suit with its own Russian vodka ban, removing both Stoli and Smirnoff products.

But Stoli distillers Latvijas Balzams have gone public in recent days, defending the brand and noting that while its vodka does contain some Russian ingredients, 90 per cent of the Stoli sold in the West is produced in Latvia.

Mozaika, a Latvian gay-rights group, said Thursday that "this campaign will only harm Latvia, Latvia's economy and employees of the company Latvijas Balzams."

The owner of Calgary's Texas Lounge had not been reached for comment by press time on Monday.

WITH FILES FROM THE CANADIAN PRESS

Down the drain

- Gay bars in Edmonton, Vancouver, Toronto and numerous U.S. cities have also stopped selling Stolichnaya vodka.

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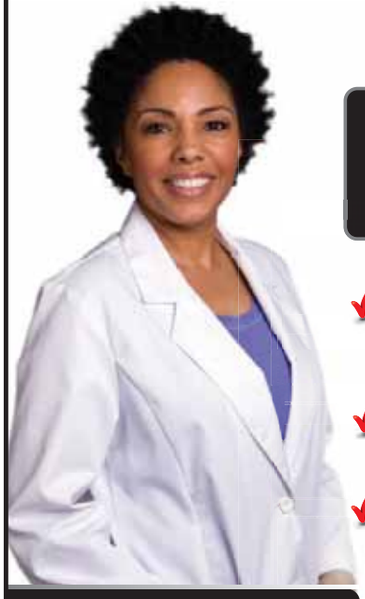

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LGBTQ attacks in Russia nothing new

Violence. Canadian documentarian says aggression toward gays in Putin-led country is par for the course

A Canadian documentarian says the violence and fear recently seen at a gay pride parade in Russia is nothing new.

Ken Coolen, the filmmaker behind the 2009 documentary Beyond Gay: The Politics of Pride, followed the then-president of the Vancouver Pride Society to various international Pride events, including one in Moscow in 2008.

"When we were (filming) in Russia, the communication was very cryptic. It is believed that phones are tapped and communications are monitored.... When we went to the planning meeting the day before Pride, we were told to go to a hotel and then we had to call again. The meeting was actually not at a hotel but at a private residence nearby. When we went there we were asked not to film much of the apartment and to mask some of the persons in the room for fear of retribution."

On June 29 of this year, participants of St. Petersburg's fourth Pride parade were met with hostility and violence, including homophobic insults, rocks, eggs and smoke bombs thrown at the group of about 50 gay-rights activists. At least eight of the anti-gay protestors made it past the police barrier and purportedly punched activists to the point of bleeding.

JARED STORY/FOR METRO IN WINNIPEG

A man carries a photograph of Russian President Vladimir Putin while marching in the Vancouver Pride Parade on Sunday. DARRYL DYCK/THE CANADIAN PRESS

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New Brunswick. Two young boys killed in their sleep by python: RCMP

Two young boys were killed by a python as they slept in an apartment above an exotic pet store in northern New Brunswick, the RCMP said Monday.

Const. Jullie Rogers-Marsh said the boys, aged five and seven, were visiting the apartment of a friend above Reptile Ocean Inc. in Campbellton when the incident occurred.

Rogers-Marsh said police arrived at the apartment around 6:30 a.m., at which point officers found the two boys dead.

"(The snake) had escaped its enclosure at the store sometime through the night, got into the ventilation system and into the upstairs apartment," said Rogers-Marsh. "It's believed the two boys were strangled by the snake."

THE CANADIAN PRESS

Baby put up for sale

And you thought your breakup was nasty ...

A 22-year-old man, angry with a woman he dated, posted photos of her two-month-old daughter in a Craigslist ad and tried to sell the baby for $100, prosecutors said Monday.

Paul Marquez posted an ad entitled "baby for sale," prosecutors said.

THE ASSOCIATED PRESS

Under investigation

Falling steel kills male pedestrian, 32, in Montreal

A huge slab of steel broke free from a front-end payloader in downtown Montreal on Monday, fatally slamming into a 32-year-old pedestrian.

"He was hit by a big metal plate.... He was quickly taken to hospital where he was pronounced dead shortly after his arrival," said police. THE CANADIAN PRESS

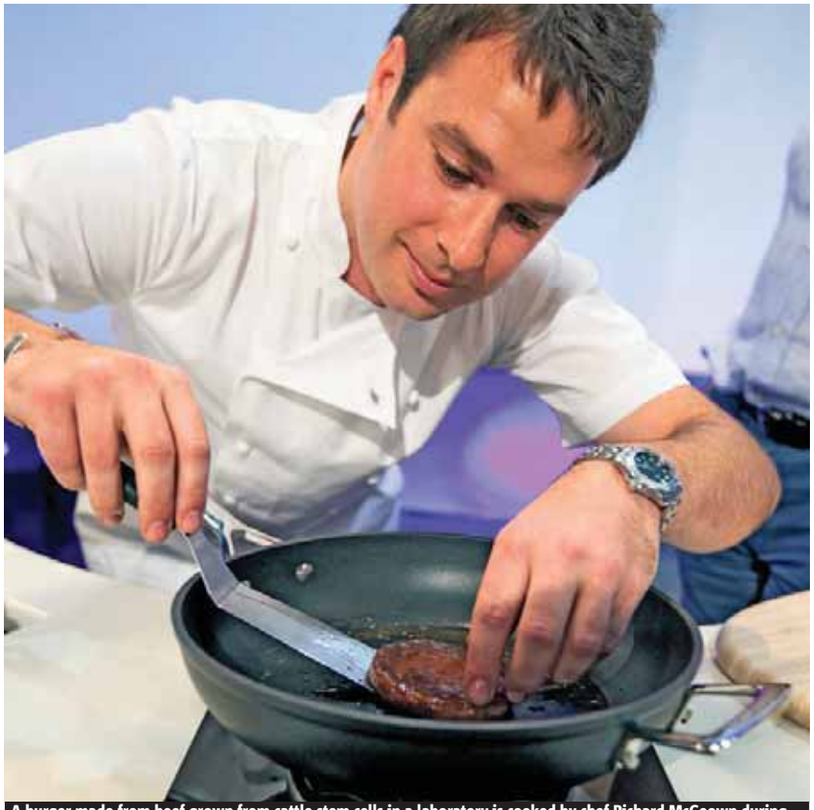
Brazil. Petition calls for return of Chico the pet monkey to adoptive family

When two police officers tore little Chico from the arms of Elizete Carmona, they said it was for his own good. After all, 71-year-old women aren't meant to live with endangered tufted capuchin monkeys.

But the case has upset many in Brazil, where thousands of people have signed an online petition calling on Sao Paulo state environmental officials to return Chico to the only home he's known for the past 37 years.

It's illegal to keep wild animals as pets in Brazil, especially those classified as endangered on the International Union for the Conservation of Nature's Red List of threatened species.

THE ASSOCIATED PRESS



A burger made from beef grown from cattle stem cells in a laboratory is cooked by chef Richard McGeown during the world's first public tasting event for the product, held in London on Monday. DAVID PARRY/PA/THE ASSOCIATED PRESS

Laboratory burger is a low-fat marvel but a low-flavour failure

Work in progress.
Scientist says flavour is an easy fix on the path to eco-friendly meat

They bit, they chewed but had hoped for more flavour.

Two volunteers in the first public frying of lab-grown hamburger in London said Monday it had the right texture but was short on taste because of the lack of fat.

Mark Post, whose team at Maastricht University in the Netherlands developed the burger, hopes that making meat in labs could eventually help feed the world and fight climate change.

That goal is many years away, at best.

Sergey Brin, a co-founder of Google, appeared on a video shown at the event and announced that he funded the $330,000 project because of his concern for animal welfare.

Monday's taste test came after five years of research. Despite the tasters' concern about flavour, scientists say that can be tweaked.

"Taste is the least (important) problem since this could be controlled by letting some of the stem cells develop into fat cells," said Stig Omholt, director of biotechnology at the Norwegian University of Life Sciences. Adding fat to the burgers this way would probably be healthier than getting it from naturally chunky cows, said Omholt, who was not involved in the project.

THE ASSOCIATED PRESS

What? How? Why?

Scientists made the meat from the muscle cells of two cows. The cells were put into a nutrient solution to help them develop into muscle tissue, growing into small strands of meat.

- Experts say new methods are needed to satisfy growing carnivorous appetites without exhausting resources. By 2050, the Food and Agriculture Organization predicts global meat consumption will double as more people in developing countries can afford it. Raising animals for meat uses about 70 per cent of all agricultural land.

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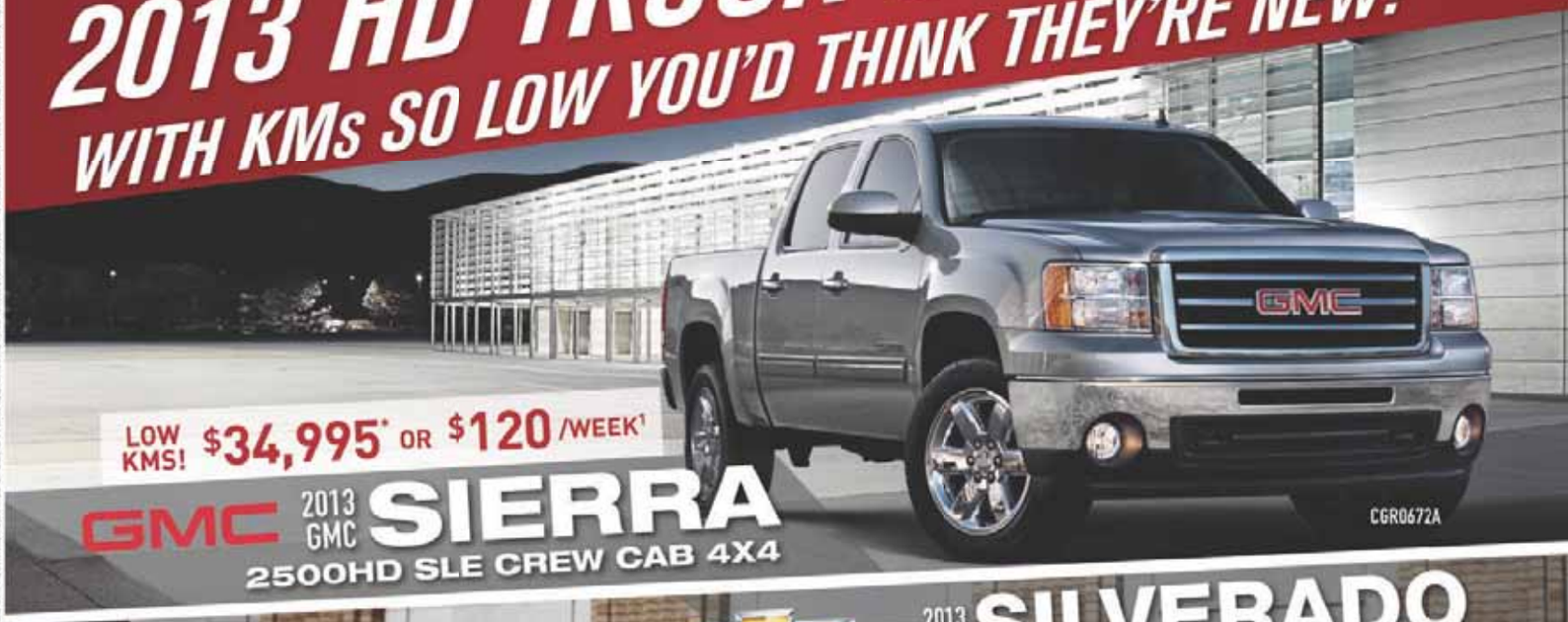

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Easton Area School District students Brianna Hawk, 15, left, and Kayla Martinez, 14, display their bracelets for photographers outside the U.S. Courthouse in Philadelphia. THE ASSOCIATED PRESS FILE

Court ruling: You will (heart) boobies

U.S. appeal. 9-5 decision rules bracelets designed to promote breast-cancer awareness are not 'lewd' — and therefore cannot be banned in Pa. schools

A federal appeals court ruled Monday that a Pennsylvania school district cannot ban "I (heart) Boobies!" bracelets, rejecting the district's claim that the slogan — designed to promote breast-cancer awareness among young people — is lewd.

The 3rd U.S. Circuit Court of Appeals also concluded that school officials didn't prove the bracelets were disruptive.

"Because the bracelets here are not plainly lewd and because they comment on a social issue, they may not be categorically banned," Judge D. Brooks Smith wrote in the 9-5 decision.

The ruling is a victory for two Easton Area School District girls who challenged the school rule in 2010 with help from the American Civil Liberties Union. Easton is one of several school districts around the U.S. to ban the bracelets, which are distributed by the non-profit Keep A Breast Foundation of Carlsbad, Calif. The teens, Brianna Hawk and Kayla Martinez, testified that they merely hoped to promote awareness of the disease at their middle school. They filed the suit when they were suspended for defying the ban on their school's Breast Cancer Awareness Day.

In their dissent Monday, the five judges said the majority had wrongly reasoned that schools cannot limit student speech involving social commentary, even if it "could reasonably be deemed lewd, vulgar, plainly offensive, or constituting sexual innuendo."

THE ASSOCIATED PRESS

Quoted

"Middle school is a witch's brew of hormones and curiosity."

District solicitor John Freund, on the bracelets having a sexual undertone that invites disruption in the classrooms .

Botulism scare

China, Russia halt import of some N.Z. dairy products

A botulism scare has prompted China and Russia to stop importing some New Zealand dairy products, New Zealand officials said Monday, denting the country's reputation as a supplier of safe, high-quality food.

New Zealand dairy giant Fonterra announced Saturday that hundreds of tons of infant formula, sports drinks and other products sold in seven countries could be tainted after tests found bacteria in whey protein concentrate.

THE ASSOCIATED PRESS

Defence. Withdrawal from NATO surveillance programs will hurt Canadian firms

The Harper government's decision to cancel Canadian participation in two NATO surveillance programs will cost contracts in the country's aerospace industry, newly released documents show.

National Defence was hoping to save as much as $90 million per year by withdrawing from the jointly owned and operated Airborne Warning and Control System (AWACS) and the Alliance Ground Surveillance, a fairly new program meant to use drones to monitor the battlefield.

Yet, documents show that taking part has meant a bonanza of tens of millions of dollars worth of work annually for at least half a dozen high-tech Canadian companies. THE CANADIAN PRESS

Funds

Between 1992 and 2010, Canada contributed $161M towards so-called depot-level maintenance of NATO's AWACS fleet, but Canadian companies received $180 million in contracts as part of the service package. Since 2010, the country's aerospace industry has pocketed roughly $12.9M annually in AWACS service.

Amanda,
Call Centre Trainer,
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One-ton swim

'Sink like a brick' no longer applies

Long-distance swimmer Jim Dreyer jumped into Lake St. Clair on Monday to begin a 35-kilometre trek — while hauling a ton of bricks.

Thirty hours later, Dreyer plans to come ashore on Tuesday afternoon in Detroit and finally beach his two dinghies filled with 334 bricks. THE ASSOCIATED PRESS

Attacked by bear

Dog dies trying to save its master

A man has been released from hospital after being attacked twice by a black bear while walking his two dogs in Sandbar Provincial Park on Saturday. Police say the Dryden, Ont., man was able to escape into a lake.

When the man tried to walk back to camp, the bear attacked again, at which point one of his schnauzers tried to fend off the bear. The dog later died of its injuries. THE CANADIAN PRESS WITH FILES FROM THE CBC

Precious, fragile, all too few

The World Wide Fund for Nature (WWF) has put 1,600 panda figures made from papier-mâché in front of the main train station in Berlin for two days to symbolize how few of the animals are still alive in the wild. GERO BRELOER/THE ASSOCIATED PRESS

One year later, Curiosity sets sights on lofty goal

Mars mission. Rover celebrates anniversary of its landing with a lonely birthday song

Mars Science Laboratory team member Miguel San Martin, left, celebrates with Adam Steltzner after the 2012 landing. DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE

Mount Sharp has beckoned Curiosity since the NASA rover arrived on Mars exactly a year ago.

If microbes ever existed on Mars, the mountain represents the best hope for preserving the chemical ingredients that are fundamental to all living things.

Curiosity recently pointed its wheels south, rolling toward the base of Mount Sharp in a journey that will last many months. It will drive across the rock-strewn landscape, dodging bumps and taking in the scenery.

"We do a lot of off-roading on a lot of little dirt roads," said mission manager Jennifer Trosper.

Scientists have been eager for a peek of Mount Sharp since Curiosity touched down in an ancient crater on the night of Aug. 5, 2012.

The world wondered whether Curiosity would nail its landing, which involved an acrobatic plunge through the thin atmosphere that ended with it being gently lowered to the ground with cables.

Once the euphoria of landing wore off, the nuclear-powered rover went to work, spending two months testing its instruments and systems.

To celebrate the landing anniversary, engineers commanded one of Curiosity's instruments to play Happy Birthday as the rover took a break from driving.

Scientists initially hoped to head to Mount Sharp late last year, but decided to take a detour to an intriguing spot near the landing site. THE ASSOCIATED PRESS

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1 Rated by ratesupermarket.ca, January 7, 2013. 2 Ranked by moneysense.ca, May 5, 2012. 3 Refers to the RBC Student Banking account with no monthly fee and 25 debit transactions per month. Cost of debit transaction over 25 per month is $1.00 per debit. 4 Subject to credit approval and meeting eligibility requirements. To get a list of eligible credit cards for students, please visit: rbc.com/studentcards. 5 Interest only payments apply while in school and one year after graduation. Personal lending products are provided by Royal Bank of Canada and subject to its standard lending criteria. Some conditions and restrictions apply. * No purchase necessary. Contest ends September 30th 2013. Correct answer to skill testing question required. For full contest rules and how to enter without purchase, please visit: rbc.com/rules. Eligible products include the RBC® Student Banking account, RBC No Limit Banking for Students® account, any RBC Royal Bank® credit card with a valid graduation date, and the Royal Credit Line® for Students. Credit cards are subject to credit approval. Personal lending products are provided by Royal Bank of Canada. Some conditions and restrictions apply. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

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Hey baby — who are you wearing?

Royal sales boost.
New York-based swaddle maker is swamped after Prince George is pictured wearing its birdie product

It took 45 seconds, but that was enough. Newborn Prince George, carried from the hospital to the royal car, appeared in a cotton swaddle with tiny birds on it. Mums-to-be around the world wanted to know: Who are you wearing?

The answer shows what it is like when a small company gets swept into the maelstrom of attention that comes from touching the golden hem of the House of Windsor.

Once the photos of the swaddle hit the Internet, style bloggers and fashion writers identified the would-be king's new clothes as being from New York-based aden + anais. Within four hours of George's appearance, the firm's website crashed. The next day, it crashed again. In nine days, the company had 7,000 orders — a 600 per cent increase in sales on that item.

Prince George of Cambridge was photographed leaving the hospital with his tiny hands emerging from a cotton swaddle printed with little birds. Distinctive little birds. THE ASSOCIATED PRESS FILE

The company never even issued a press release. Anyone who wanted to know the manufacturer simply had to type "royal swaddle" into Google, and up it came.

Raegan Moya-Jones, the chief executive of aden + anais, was about to start a meeting when a colleague brought in the picture. She couldn't believe it. "I thought it was Photoshopped," she said.

The company is still digging out from under a pile of orders for the swaddle, part of the Jungle Jam pack of four that in Britain costs 44.95 pounds (about $71). So just be prepared to wait if you want to similarly swaddle your little prince or princess. Jungle Jam is sold out for now in Britain and the United States.

Little George first appeared in a white crocheted blanket from G.H. Hurt & Son of Nottingham, England. They too are swamped with orders, after photographers zeroed in on the firm's label, blew it up and posted it online.

THE ASSOCIATED PRESS

Beauty products. Revlon buys Colomer for $660M

Revlon is buying Colomer Group, which sells hair dye and other products to beauty salons, for about $660 million US, saying the deal will help it reach new salon customers.

The transaction reunites Revlon with its former professional products division, which the beauty products company sold to CVC Capital Partners in 2000 for about $315 million US.

Spain's Colomer markets products under brands such as Revlon Professional hair care, which it currently licenses from Revlon Inc. It also sells shampoos, conditioners and other hair products to consumers under the Creme of Nature brand and also sells nail polish and body lotions.

Revlon sells Revlon and Almay makeup, Revlon ColorSilk hair dye and other beauty products. The New York company is looking to strengthen its sales outside the U.S. Like many consumer products companies, it has had to deal with the recession in Europe, which has hurt spending.

THE ASSOCIATED PRESS

Revlon announced Monday it is buying Colomer Group, which sells hair dye and other products to beauty salons. The deal was made with the aim to help the company reach new salon customers and cut costs. THE ASSOCIATED PRESS

Play D'oh

Simpsons to get its own Lego series

Want to build a new home for Homer or try out a new hairstyle for Marge? Danish toy company Lego on Monday confirmed it will launch a special series next year, globally, that is themed on The Simpsons family. Lego spokesman Roar Rude Trangbaek wouldn't give any details about what characters would be included.

THE ASSOCIATED PRESS

Publishing

Amazon founder buys Washington Post for $250M

Amazon.com founder Jeff Bezos is buying The Washington Post and other newspapers for $250 million US. The longtime publisher, The Washington Post Co., announced the deal Monday. Bezos is buying the paper as an individual. Amazon.com Inc. is not involved. THE ASSOCIATED PRESS

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MOVING BACK HOME IS NOT SO YUCKIE

SHE SAYS

Jessica Napier
metronews.ca

Hunched over a pile of boxes in my living room this weekend, I was struck by the fact that in the past five years I have moved five times. This might seem extreme, but renting in the city in your 20s can be a transient time, and living arrangements never seem more than temporary.

One of those relocation destinations — somewhere between finishing grad school and becoming gainfully employed — was back home with my mother and father. Undesirable as it seemed at the time, I'm glad I made the move. It was a period of joblessness and uncertainty; if I had decided to nosedive into debt in the name of "independence," it would have been a foolish mistake. Still, I'm glad it's over.

Today there are a record number of adult children living with their parents. In the United States, a Pew Research Center study released last week shows that a startling 36 per cent of Americans aged 18 to 31 are living under the same roof as Mom and Dad.

When adult children move back in with their parents, it can be a difficult adjustment for both parties. Empty-nesters are suddenly burdened with financial strain from freeloading offspring — only about 35 per cent of millennials living with their parents actually pay rent — while disenchanted boomerang kids experience a sense of failure as they return to their childhood bedrooms after years of independence.

Pop-sociologists have developed a particularly harsh acronym for this demographic: YUCKIES, or Young Unwitting Costly Kids — a generation of unemployed young adults who are capitalizing on free room and board back home and draining their parents' retirement savings in the process.

At certain life junctures — graduations, breakups, babies — many of us will rely on our parents to act as a safety net. Navigating the uncertain terrain of adulthood is challenging, and while moving back home can make you feel as if you're sliding backwards it doesn't have to be that way.

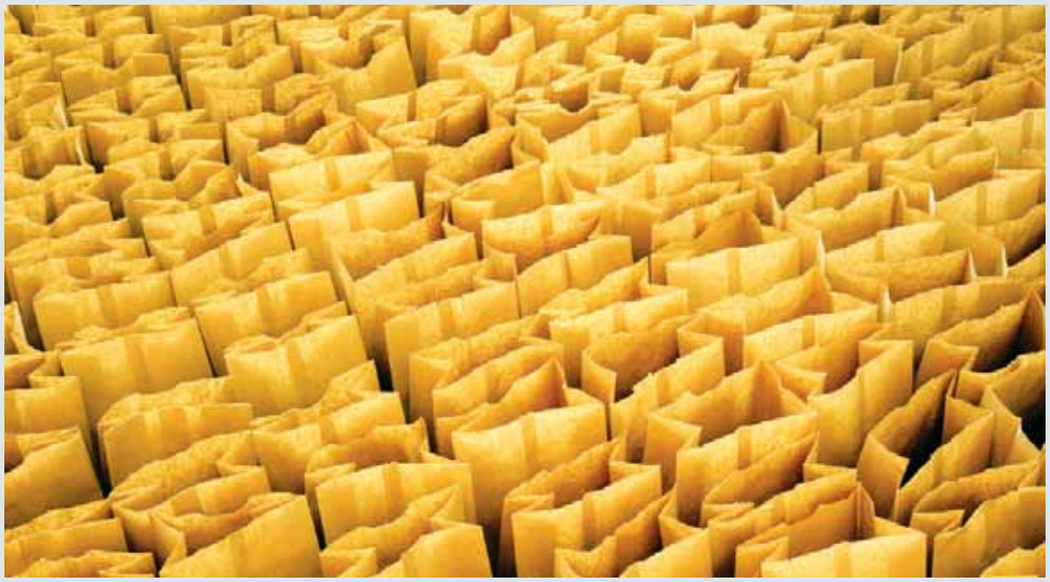
When I returned to my parents' house at 24, I had to resist the urge to fall back into familiar childhood routines and work on cohabiting in a mature dynamic. I learned a lot about my family and myself, and I developed a new appreciation for my parents as interesting adults, not just Mom and Dad. As counterintuitive as it might seem, in a lot of ways moving back home helped me grow up.

There is always a way to make the most of a situation, even when you might think your living arrangements are less than ideal. So if you ever find yourself making the move back in with your parents, try to focus on progression, not regression. Approach the situation with optimism and gratitude, rather than bitterness, and you'll find it can be a valuable — not to mention budget-friendly — experience. Just don't get *too* comfortable.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Here's something you do see every day



NICK ALBERTSON

Everyday objects that escape the ordinary

Nick Albertson proves that beauty can be found even in the most uninteresting things. The Chicago-based artist and photographer, 29, arranges mass-produced objects — such as paper bags, rubber bands and sandwich bags — into clever patterns and photographs them to look like abstract art.

Q&A

Old meanings stripped

What is the idea behind your photographs?

NICK ALBERTSON
Artist and photographer, 29, based in Chicago

I strip utilitarian objects of their functions, repurposing them to create visceral experiences. This esthetic references abstract paintings by stripping away meanings and distilling what I was interested in.

What are you interested in?

I hope that the viewer can get lost and enveloped in these photographs. I like the tension that the images have between being beautiful and referencing high art forms, and being made quite literally of throwaway materials.

You'd think that with an infinite number of everyday objects, it would be easy to produce a stylish artwork, but I actually struggle to find new things to use. I look for very minimal objects (no logos, nothing that will be a headache to light or manipulate) and many times I'll start and then scrap it.

What objects work for you then?

Anything you can buy in bulk. Something like a can opener is an everyday object but would not work for my project. You cannot just buy one rubber band — you have to buy a whole bag of them. METRO WORLD NEWS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Last year it was waving bears; this year it's dancing bears. With members of the ursidae family well out of hibernation, there's been no shortage of bears being broadcast online. Explore's live bear-and-salmon cam has been a Clickbait favourite since Day One, but other bear parties have stepped onto the stage.

What Goes On When You're Not There:

This time-lapse video uploaded by Alberta Parks shows exactly what the mammals get up to when we pesky humans aren't around — and it's party. They really like to party.

Bearjacked:

Further proof of their party-animal nature, this bear gets on its hind legs, opens a truck door and tries to jack whatever's inside (presumably beer).

Polite Bear Waves Hello:

In case you missed it the first time around, Polite Bear gets funnier with each view. Watch as the nicest bear in the world waves back while a friendly tourist drives by waving, with an enthusiasm only possible for those still in their single-digit years.

Twitter

@metropicks asked: A woman survived for 12 days in the bush thanks to Man vs. Wild. What show will save your life one day?

@InfernoMoon: Game of Thrones — it has taught me that I can either win or die

@midnightchicken: walking dead. Poops going to hit the fan and I'll know what to do.

@realmikemaj: if she had watched Survivorman she would have done better. I'm surprised man vs wild didn't get her killed

@Ophiura: Gilligan's Island. Everything I need to know to remain lost on a tropical island w/ head hunters, KGB and more!

@VulgarViking: Watching Jersey Shore saved my life. I now know every STD and its treatment thanks to the dirty cast!

@BlairLangille: Fear Factor has taught me if I ever find myself in a box of scorpions, crying hysterically will keep me alive.

@thepolishviking: "Cosby Show" ...in case I'm a parent some day I'll know that a loud sweater amplifies parental skills.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

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DVD reviews

The Place Beyond the Pines

Director. Derek Cianfrance

Stars. Ryan Gosling, Eva Mendes, Bradley Cooper

●●●●○

The highways savagely twist and turn around Schenectady, N.Y., the blue-collar setting for The Place Beyond the Pines — but they're nothing compared to the human road map that is Luke (Ryan Gosling). A motorcycle stunt rider for a circus, he's covered in tattoos. Introduced by a long tracking shot that concludes with a dangerous whirl inside a spherical cage; he's a man going nowhere in a hurry. Roads and tattoos make apt metaphors for this entangled drama by Derek Cianfrance (Blue Valentine), that also takes in complicated characters played by Bradley Cooper and Ray Liotta. Actually three interlocking stories in one, The Place Beyond the Pines flirts with exhaustion and threatens credulity with its extreme generational conflicts and use of coincidence. Cianfrance and his sterling cast keep it all together, vanquishing doubt and soap suds.

PETER HOWELL

Percy Jackson: Sea of Monsters opens on Wednesday. CONTRIBUTED

Taking arms against a Sea of Monsters

Percy Jackson. Actress Alexandra Daddario says franchise celebrates that special thing inside of us that makes us strong

STEVE GOW
scene@metronews.ca

When the bulky-dubbed adventure flick Percy Jackson and the Olympians: The Lightening Thief hit theatres three years ago, star Alexandra Daddario was "hopefully confident" the book-turned-blockbuster would see a sequel.

"Percy Jackson was my first big movie and I was sort of unaware of the box office and what it meant and what (the producers) were expecting and that kind of thing," said the 27-year-old New York actress. "Everybody hopes it does well, obviously, but I think it has a great built-in audience."

Based on author Rick Riordan's bestselling adventures about a seemingly troubled teen that possesses incredible abilities and powers, the 2010 cinematic introduction slightly stumbled out of the gate domestically but eventually earned more than $225 million worldwide. That would surely be enough to convince all involved to return with the sequel Percy Jackson: Sea of Monsters — which opens this Wednesday.

Based on the second book in the five-novel series, the fantasy thriller casts Greek demigods Percy Jackson (Logan Lerman) and Annabeth (Daddario) into the mysterious Bermuda Triangle to seek a magical artifact with incredible healing power in order to save their home.

"I think the books and the films (have) the same common themes," said Daddario about the franchise's immense popularity. "It's great to be part of something that inspires kids. I think the great thing about the book and about the films is that no matter who you are and what your problems are — you (may) not literally be a god or find out that you have literal powers — but there is something stronger inside of you; that makes you really special, wonderful and strong. I think that's inspiring for kids and that's the message of the books and the film."

Quoted

"It's great to be part of something that inspires kids."

Alexandra Daddario, star of Percy Jackson: Sea of Monsters

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Simon Cowell ALL PHOTOS GETTY IMAGES

Cowell's crew of former flames gave him the relationship red light

Apparently Simon Cowell got plenty of warning from his "harem" of ex-girlfriends to watch out for Lauren Silverman, the married woman now said to be pregnant with his child, as they "were concerned about her motives and intentions," according to Radar Online. "Simon was warned — on multiple occasions — that he needed to be careful," says a source, explaining that Cowell has remained quite close to many of his exes. "Everyone was aware that they were hooking up and that Lauren was married. Naturally, Simon's friends were very concerned about the situation and made that known to him."

Lohan unleashes some mean girl on KStew while sitting in for Lately

Lindsay Lohan may be walking the straight and narrow following her stint in rehab, but that doesn't mean she's going to be nice now. The troubled actress made her first appearance as a guest host for Chelsea Lately and decided to kick things off by mocking Twilight star Kristen Stewart. "I'm just excited that Kristen Stewart, you know, finally showed some emotion," Lohan offered while discussing a photo in which Stewart is seen yelling at a photographer. "Of course she hates photographers. They got a picture of her kissing a married man in a Mini Cooper."

Lindsay Lohan

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Of cheesy Chads, messed-with Mileys and much-too-famous felines

STARGAZING
Malene Arpe
scene@metronews.ca

Chad Kroeger says he wants to stay in the honeymoon stage with Avril Lavigne "until the day I die." He also wants a puppy that never grows up, a bouquet of everlasting roses and a pair of perpetually shiny shoes.

Jennifer Aniston says she and Justin Theroux "already feel married." "Is it like an always fresh, bottomless barrel of perfect apples?" asks Chad Kroeger.

Miley Cyrus tweets she just watched P.S. I Love You and then promptly deletes the tweet, claiming her account was hacked. It's nice to see she's finally learning to make good choices. **There is now a line of Grumpy Cat coffee called Grumppuccino.** That's clever, but I might have gone for Squeezing Cat For Money Coffee-Flavoured Beverage.

Kim Kardashian is reportedly working with her mother planning how to leave the house she's been hiding in since giving birth so that her re-entry into the world will not interfere with her sister Kylie's Sweet Sixteen party. Consider that next time you're complaining about getting laid off and not being able to pay rent, you miserable whiner.

Lindsay Lohan has reportedly made a list of some 80 friends that she considers "toxic" and will no longer associate with. Don't worry, though. They're all living at Justin Bieber's house now, so they'll be just fine.

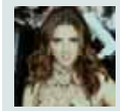
Gwyneth Paltrow admits that her doing a master cleanse lead to powerful hallucinations. That finally explains the $695 peasant dress for sale on her website.

Taylor Swift

It don't mean a thing if it ain't worth some sing

Fair warning to potential Taylor Swift suitors: The singer-songwriter is looking to continue combining business and pleasure, according to Rolling Stone magazine. "I am getting to a point where the only love worth being in is the love worth singing about," Swift says. "When you experience something that's worth writing a song about, chances are it's the same kind of intense feeling that someone else has felt and it has led them to be sitting on a bedroom floor crying or walking through a crowded room feeling alone or feeling misunderstood by the person who's supposed to know them better than anybody else."

Twitter



@AnnaKendrick47
Now, my problem w being awake at 3:30am is less that it's 6 hours before work and more that it's 4 hours before they serve any food #jetlag

@JimCarrey
Here's what they left out of The Secret. You can manifest anything in the world but first you have to convince yourself you deserve it.

@Oprah
Have u meditated yet ?if so tweet tweet me!

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LIFE 3

Don't lag on these poses

Lisa Sanfilippo, known for smart bio-mechanical alignment yoga, gives some tips for before and after your flight to avoid jet lag

ROMINA MCGUINNESS

Standing big toe extension

Start by standing with feet together and hands by your sides. Bend your right knee and clasp your big toe with your right thumb, index and middle fingers. Place your left hand on your hip for support. Relax your shoulders and begin to extend your right leg straight out in front of you. Extend your leg as far as you can without losing your grip or straining your shoulders (you can bend your knee). Keep your hips level and lift your chest tall while gazing slightly past your lifted big toe. Keep the leg you're standing on straight. Hold for up to 30 seconds. Repeat on the opposite side.

Headstand

Begin on all fours. Interlace all of your fingers, tucking your bottom pinkie finger in so it rests in front of your other pinkie finger. Keep your fingers laced and put your hands down on the mat, keeping your wrists firm. Place the crown of your head directly behind the heels of your hands, but do not hold your head. Curl your toes under, lift your knees up, and walk your knees in toward your face. Bring one knee to your chest and lightly hop with the other foot to bring that leg onto the same position. Straighten your legs up toward the ceiling. Hold for up to 10 seconds. Come down with an exhalation.

Wild thing

Begin in downward facing dog. Lift the right leg up into the air and rotate your hip open as you bend your knee. Pivot toward the outside edge of your left foot as you spiral your chest and pelvis to face the ceiling. Drop your right foot onto the floor behind you, landing on your foot or just the ball of your foot for a deeper bend. Arch your chest and lift your right arm up. Extend it forward, with its inner side turning toward the floor. Lift your hips and let your head hang. Hold for up to 30 seconds. Return to downward facing dog and repeat on the opposite side.

Dolphin

Begin on all fours. Place your forearms on the mat, shoulder-width apart. Curl your toes under and lift your hips up. Straighten your legs and walk as far as you can toward your hands, keeping your shoulders directly over your elbows. Relax your neck and gaze just slightly forward.

"This brings circulation down into the front of the chest and wakes up the arms and the shoulders," Sanfilippo said.

Camel

Begin by kneeling with your knees and feet hip-width apart and the tops of your feet flat on the floor. Keep your pelvis over your knees, your tailbone down, and your lower belly lifted.
Bring your hands to your heart in the prayer position, roll your shoulders back and hug your elbows in. Curl your chest open by kneeling back, but keep your hips over your knees. When you can't curl your chest back any further, release your arms and grab your heels (you can also curl your toes under and touch them with your fingertips). Hold for up to 30 seconds.

Legs up the wall

Begin seated, perpendicular to a wall. Bend your knees and lie back on the floor. Pivot your torso and and extend your legs up the wall so your hips and the entire length of the back of your legs rest against the wall. You can use a strap to tie your feet together so your legs can relax even further. Let your arms rest next to you, palms up, or bend your elbows at right angles. You can stay in this pose anywhere from five to 15 minutes.

"This is suitable for all levels. Just getting your legs up the wall brings good oxygen flow into the lungs," Sanfilippo said.

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Lentil Feta Salad: To add shrimp or not? It's up to you

Lentil Feta Salad with Lemon Dressing and Grilled Shrimp

This salad serves six. ROSE REISMAN

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

If you prefer, you can buy canned lentils and forget about the cooking, but I always find that cooking your own produces a better flavour and texture.

This is a great vegetarian dish on its own without the shrimp or served as a side dish to any entrée

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. Sauté or grill tiger shrimp for about 5 minutes or just until cooked.

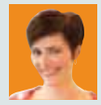
3. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving, and garnish each plate with one shrimp.

Ingredients

- 2 1/2 cups vegetable stock
- 3/4 cup dried green lentils
- 6 large tiger shrimp (peeled and cleaned) (optional)
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced light (30% reduced) feta cheese (1 1/2 oz/45 g)

Health Solutions

Catfish got your tongue?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You simply must eat more fish. The evidence is mounting that the omega 3's from fish is preventative of everything from heart disease to breast cancer.

But if we all listened to this sage advice we'd risk overfishing, which is becoming a big problem as oceans and lakes are unable to keep up with the burden of commercial fishing operations.

Farming makes very good sense ecologically, but, not all farmed fish are created equal. It can and must be done properly — in terms of the environment and from a health and food safety perspective.

Look for a farmed fish that has the endorsement of watchdogs like: Monterey Bay Aquarium, Ocean Wise, SeaChoice, the Audubon Society, the World Wildlife Fund or others.

Some of the sustainable practices that are showing promise:

1. Top-feeding the fish means they stay on the surface and their diet can be monitored rather than mucking around the bottom.

2. Careful attention to food. Fish meal can be contaminated. Some species are fed land grains to prevent this.

3. No antibiotics, dyes or hormones were used.

4. Conversion rates are high, which means that the fish put on weight fast and are more efficiently able to use the small amount of feed that they get. This means there is much less fish food wasted.

One of the few farmed fishes that meets this criteria is U.S. Farm-Raised Catfish.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Take a picture — it'll last longer! ISTOCK IMAGES

For some couples, posting wedding pics is an iDon't

Unplugged. Put away the phones and watch us, wedding couples are urging

ALISON BOWEN
Metro World News in New York City

You're at a wedding, inching above the other guests to capture that perfect shot of the bride.

You snap the pic on your iPhone, but it's blurry, and other phones dot the image. Not your best work, and you weren't really paying attention when the bride appeared.

This type of cellphone invasion is leading couples to take away — or at least gently suggest putting away — phones at weddings.

"Unplugged" weddings used to be the norm for celebrity weddings, event planners say.

Celebs who don't want pictures or details leaking out about their big days would post valets to check guests' phones, says Michael Russo, an event planner who works with celebrity weddings.

"This used to be a celebrity thing," adds event planner Sarah Pease. "Now it's an everyday thing."

A recent David's Bridal survey found that 52 per cent of people said the couple should be first to post a picture online.

Recent bride Jennifer Edwards banned phones at her ceremony.

"We were constantly noticing people watching the entire ceremony through a small screen on their cellphone," she says. "I absolutely did not want to pay an outrageous amount of money for professional photographers just to have all my wedding photos on Facebook seconds after we said 'I do.'"

Other times, brides and grooms don't want guests tapping at phones at a wedding, whether texting or tweeting.

"People want their guests to be engaged, and they want them to be having a good time and be present in the moment," Russo says.

Pease says she's seen well-meaning relatives actually block the professional photographer as they creep in the aisle to take photos on an iPad.

To alert guests, some post a sign at the door, and others will put a note in the program, Pease says. Others will ask the priest or officiant to make an announcement.

But even with all the messaging, sometimes people still can't give up phones, Russo says.

"It's so funny, because at weddings it's typically dim, so you can see the people on their phones because their faces are completely illuminated — and it's not from candlelight, that's for sure," he says.

The flip side

Some couples love social media at weddings, even creating a hashtag for all guests to use and placing it somewhere guests can see. Planner Maya Kalman says hosts want people to post photos in a certain way so that everyone can see them right away.

"People have specifically made signs and ask guests to post all of their pictures to a certain Instagram," she says.

In Boston, Paula Marrero at Marrero Events said one couple even created an app especially to share wedding pics.

Best financial strategy? Go simple

YOUR MONEY
Alison Griffiths
money@metronews.ca

I just spent a relaxing week on Vancouver Island, inhaling the clean air and savouring a glorious view of ocean and mountain.

While there I was struck by the burgeoning west coast culture of simplicity that pervades everything from food to hobbies, houses and even art.

Simplicity is directly connected to healthier finances. Hiking and biking is cheaper than a gym membership and a personal trainer.

Indulging your inner cook at home pays off hugely compared to take-out and eating out. Unfortunately, so much written about improving your finances feels negative — cut out this, reduce that.

In contrast, aiming for simplicity is positive.

Focus on what you really care about, then choose a path to get there. If you do, you'll avoid spending money on a bunch of stuff you don't really want or need.

My husband's 97-year-old godmother, who we visit in Victoria every year, long ago perfected this attitude to life.

She thinks long and hard about what she wants and doesn't hesitate to spend money once a decision is made.

About five years ago she decided to enlarge and cover her patio in order to enjoy the garden during inclement weather. She paid $5,000 during the housing\renovation boom.

"My friends gave me what-for about it," she explains with a laugh, "but I told them I wanted it now and I wanted to enjoy it for as long as possible." She also considered replacing her carpet with linoleum to make it easier to navigate with a walker. But, the deck and garden won out.

This smart lady thought about what she wanted, spent time debating her choices, picked something she could afford and felt wonderful about spending the money.

Try taking this approach into the clothes closet. It may seem easier to go out and buy something, rather than mine what exists. But half a day spent combining outfits and reacquainting yourself with things not worn for a long time is actually the heart and soul of simplicity. And it is a calmer, cheaper and more satisfying way to find something new to wear.

Focus on what you really care about, then choose the path to get there.
ISTOCK IMAGES

The route to financial simplicity is simple. First decide what's truly important to you (regardless of whether it is a need or want) then take time to come up with the best and simplest way to get there.

Often you'll find it's the least expensive too.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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NHL

Coyotes staying in desert for now

After years of wondering in the desert, the Phoenix Coyotes' ownership saga appears to be over.

An arena lease out clause could bring into question where they're playing five years from now, but on Monday the NHL finalized the sale of the Coyotes to the IceArizona group led by Renaissance Sports & Entertainment's George Gosbee and Anthony LeBlanc. Approval of the $170-million U.S. sale came from the board of governors, which ended the league's ownership of the beleaguered franchise.

"This was an incredibly complicated deal that didn't get wrapped up quite literally until 8 o'clock this morning after pretty much a full weekend of working on it going through the night," LeBlanc said. "No rest for the weary, as they say, and we're jumping right in now."

THE CANADIAN PRESS

CFL

Als' Richardson finished for 2013

The Montreal Alouettes have lost two-time all-star Jamel Richardson to a knee injury for the remainder of the season.

Richardson suffered a torn lateral collateral ligament and anterior cruciate ligament in his left knee during Sunday's practice.

The six-foot-three, 215-pound slotback is third among the Alouettes this season with 18 catches for 197 receiving yards.

THE CANADIAN PRESS

A-Rod refuses to accept PED penalty

Dope boys. Yankee star slapped with lengthiest of several suspensions in wake of Biogenesis scandal

Alex Rodriguez stepped up to the plate greeted by a standing boo-vation and blooped a single in his first at-bat of the season.

Hours after Major League Baseball suspended the New York Yankees star through the 2014 season in the Biogenesis drug case, Chicago White Sox fans got their say Monday night.

And, boy, did they let him hear it.

They jeered him during pre-game warmups and introductions, and they really tore into him when he walked to the batter's box leading off the second inning.

On the third pitch, Rodriguez dunked a hit into shallow left field. He made it to third base with no outs, but was stranded.

Rodriguez did not deny using performance-enhancing drugs in a news conference at U.S. Cellular Field after the punishment came down, and he said he will talk about whether he used PEDs at another time when he is more free to speak.

He did dig in for a battle, saying no one else will defend him unless he stands up for himself. Then, he took to the field, starting at third base and batting fourth against the White Sox.

Bad company

The suspensions are thought to be the most at once for off-the-field conduct since 1921, when commissioner Kenesaw Mountain Landis banned eight Chicago White Sox players for life for throwing the 1919 World Series against Cincinnati.

- Others agreeing to 50-game bans included Yankees catcher Francisco Cervelli and outfielder Fernando Martinez; Philadelphia pitcher Antonio Bastardo; Seattle catcher Jesus Montero; New York Mets infielder Jordany Valdespin and outfielder Cesar Puello; Houston pitcher Sergio Escalona; and free agent pitchers Fautino De Los Santos and Jordan Norberto.

"There's nothing about it that's been easy," Rodriguez said. "All of it has been challenging. I'm sure there's been mistakes made along the way. We're here now. I'm a human being. I've had two hip surgeries. I've had two knee surgeries. I'm fighting for my life. I have to defend myself."

The three-time MVP was one of 13 players disciplined on Monday, one of the biggest mass suspensions in the history of the game.

Rodriguez will appeal his suspension, and that means he will likely be able to play the rest of this season while his case winds through arbitration. THE ASSOCIATED PRESS

Alex Rodriguez speaks at a news conference before the Yankees played the White Sox on Monday. Rodriguez was suspended through 2014 and All-Stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned 50 games each.
CHARLES CHERNEY/THE ASSOCIATED PRESS

Guarding his legacy

"I am disappointed with the penalty and intend to appeal and fight this through the process. I am eager to get back on the field and be with my teammates in Chicago tonight."

Alex Rodriguez in a statement on the drug allegations and returning to his team

4 SPORTS

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Goltz not so great as B.C. buries Bombers to extend backslide

CFL. Winnipeg drops fourth in a row after questionable coaching call and mediocre player performances

Travis Lulay passed for three touchdowns as the B.C. Lions beat the Winnipeg Blue Bombers 27-20 in CFL action Monday.

The Lions improved to 4-2 while the Bombers (1-5) suffered their fourth consecutive loss.

Lulay got his team back in the end zone after it was held without a TD for the first time since 2005, a span of 131 games, in a loss to Toronto last week. He had subsequently seen the end of a 36-game touchdown-passing streak come to an end.

Lulay's third touchdown pass of the game, to Courtney Taylor with just over six minutes left in the game, clinched the win for B.C. as it staked the Lions to a 26-17 lead.

B.C.'s Tim Brown is tackled by Rene Stephan, left, and Alex Suber on Monday. DARRYL DYCK/THE CANADIAN PRESS

The scoring drive was aided by Winnipeg coach Tim Burke's questionable decision to have punter Mike Renaud concede a safety with 10:36 left in the game, giving the Lions a 19-17 lead and putting B.C. in good field position after an ensuing kickoff.

Shawn Gore and Korey Taylor also scored touchdowns for the Lions. Paul McCallum produced B.C.'s other points on a field goal and single off a miss. Lulay completed 28 of 39 passes for 268 yards.

Chad Simpson and quarterback Justin Goltz ran for Winnipeg touchdowns. Justin Palardy provided a field goal and a single off a missed field goal, while Renaud's two singles accounted for the Bombers' other points.

Goltz completed a modest 13 of 27 passes for just 112 yards and an interception.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	68	46	.596	—
Tampa Bay	66	45	.595	½
Baltimore	61	51	.545	6
New York	57	54	.514	9½
Toronto	**51**	**60**	**.459**	**15½**

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	65	45	.591	—
Cleveland	62	50	.554	4
Kansas City	57	52	.523	7½
Minnesota	48	61	.440	16½
Chicago	41	69	.373	24

WEST DIVISION

	W	L	Pct	GB
Oakland	64	47	.577	—
Texas	62	50	.554	2½
Seattle	52	59	.468	12
Los Angeles	51	59	.464	12½
Houston	37	74	.333	27

Monday's results
Houston 2 Boston 0
Chicago White Sox 8 N.Y. Yankees 1
Kansas City 13 Minnesota 0
Detroit 4 Cleveland 2
Texas at L.A. Angels
Toronto at Seattle
Sunday's results
Toronto 6 L.A. Angels 5
Minnesota 3 Houston 2
Texas 4 Oakland 0
Tampa Bay 4 San Francisco 3
Seattle 3 Baltimore 2
Detroit 3 Chicago White Sox 2 (12 inn.)
Boston 4 Arizona 0
Tuesday's games — All times Eastern
Detroit (Verlander 11-8) at Cleveland (Masterson 13-7), 7:05 p.m.
N.Y. Yankees (Kuroda 10-6) at Chicago White Sox (Sale 6-11), 8:10 p.m.
Boston (Wright 2-0) at Houston (Lyles 4-5), 8:10 p.m.
Minnesota (Albers 0-0) at Kansas City (Shields 6-7), 8:10 p.m.
Texas (Darvish 10-5) at L.A. Angels (Richards 3-4), 10:05 p.m.
Toronto (Johnson 1-8) at Seattle (Hernandez 11-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	68	45	.602	—
Washington	54	58	.482	13½
Philadelphia	50	61	.450	17
New York	49	60	.450	17
Miami	43	67	.391	23½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	67	44	.604	—
St. Louis	65	46	.586	2
Cincinnati	61	51	.545	6½
Chicago	49	62	.441	18
Milwaukee	47	64	.423	20

WEST DIVISION

	W	L	Pct	GB
Los Angeles	62	49	.559	—
Arizona	56	55	.505	6
San Diego	52	60	.464	10½
Colorado	52	61	.460	11
San Francisco	49	61	.445	12½

Monday's results
Atlanta 3 Washington 2
L.A. Dodgers 3 St. Louis 2
Milwaukee at San Francisco
Sunday's results
San Diego 6 N.Y. Yankees 3
St. Louis 15 Cincinnati 2
Atlanta 4 Philadelphia 1
Kansas City 6 N.Y. Mets 2
Milwaukee 8 Washington 5
Pittsburgh 5 Colorado 1
Cleveland 2 Miami 0
L.A. Dodgers 1 Chicago Cubs 0
Tuesday's games — All times Eastern
Chicago Cubs (Jackson 7-11) at Philadelphia (Kendrick 9-8), 7:05 p.m.
Miami (Alvarez 2-1) at Pittsburgh (Locke 9-3), 7:05 p.m.
Atlanta (Teheran 8-5) at Washington (Gonzalez 7-4), 7:05 p.m.
Oakland (Straily 6-5) at Cincinnati (Latos 10-3), 7:10 p.m.
Colorado (Chatwood 7-4) at N.Y. Mets (Mejia 1-1), 7:10 p.m.
L.A. Dodgers (Kershaw 10-6) at St. Louis (Kelly 2-3), 8:15 p.m.
Tampa Bay (Hellickson 10-4) at Arizona (Miley 8-8), 9:40 p.m.
Baltimore (Norris 7-9) at San Diego (Volquez 8-8), 10:10 p.m.
Milwaukee (Peralta 7-11) at San Francisco (Cain 7-6), 10:15 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	5	3	2	0	156	128	6
Montreal	5	2	3	0	122	139	4
Hamilton	6	2	4	0	129	187	4
Winnipeg	6	1	5	0	135	173	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	5	5	0	0	183	87	10
Calgary	5	4	1	0	162	133	8
B.C.	6	4	2	0	143	142	8
Edmonton	6	1	5	0	128	169	2

Monday's result
B.C. 27 Winnipeg 20
Thursday's game — All times Eastern
Toronto at Montreal, 7:30 p.m.
Friday's game
Saskatchewan at Calgary, 9 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
New York	11	7	5	36	29	38
Kansas City	10	7	6	33	24	36
Montreal	10	6	5	33	32	35
Philadelphia	9	7	7	34	32	34
Houston	9	6	6	26	21	33
New England	8	8	6	27	20	30
Chicago	8	9	4	27	31	28
Columbus	6	11	5	25	30	23
Toronto	4	10	8	20	29	20
D.C.	3	15	4	13	36	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	11	7	5	38	26	38
Colorado	9	7	8	30	26	35
Portland	8	3	11	32	21	35
Los Angeles	10	9	3	32	27	33
Vancouver	9	7	6	34	30	33
Dallas	8	6	8	27	30	32
Seattle	9	7	4	27	22	31
San Jose	8	9	6	25	33	30
Chivas USA	4	13	5	19	39	17

Note: 3 points for victory, 1 point for tie.
Sunday's result
Toronto 1 New England 0
Saturday's games — All times Eastern
Seattle at Toronto, 7 p.m.
New York at Columbus, 7:30 p.m.
San Jose at Vancouver, 7:30 p.m.
D.C. at Philadelphia, 8 p.m.
Montreal at Chicago, 8:30 p.m.
New England at Kansas City, 8:30 p.m.
Houston at Salt Lake, 9:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Even the things that don't work out the way you expected today will, in the long-term, bring remarkable benefits. What others see as limits, you see as opportunities — and the rewards will be spectacular.

♉ Taurus
April 21 - May 21
You cannot force people to do things your way if they don't want to. Even if you could, the results would not be what you expected. If you want to get things done, you need to persuade rather than coerce.

♊ Gemini
May 22 - June 21
Today's new moon will make it easy for you to find the words to explain what you are up to in a way that even your rivals and critics will agree is sensible.

♋ Cancer
June 22 - July 23
You have to move in a new direction and you have to get serious about things you merely toyed with before. That is the message of the stars for you today — and that you'll make a lot of money too.

♌ Leo
July 24 - Aug. 23
Today's new moon in your sign challenges you to push beyond your usual limits and accomplish something truly spectacular. Never doubt you have what it takes.

♍ Virgo
Aug. 24 - Sept. 23
Close your ears to criticism today and carry on with what you are doing. The only reason others are giving you a hard time is because they don't want to see you succeed where they have failed. Too bad.

♎ Libra
Sept. 24 - Oct. 23
If you respect others' views, they will respect yours. That's the theory anyway. Today's new moon means there will be plenty of debate taking place. Keep it good-natured.

♏ Scorpio
Oct. 24 - Nov. 22
You can do your career prospects a lot of good today if you face up to some kind of challenge rather than run away from it. Important people are watching you closely, so make sure you shine.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to play by the rules. In fact, with today's new moon falling in the most adventurous area of your solar chart the rules might as well not exist — for you anyway!

♑ Capricorn
Dec. 22 - Jan. 20
No matter how much someone tries to intimidate you today, you must not give in. What can they do about it? What matters more than anything now is that you stand up for your rights — and other people's too.

♒ Aquarius
Jan. 21 - Feb. 19
There are times when it is sensible to let others take the lead and this is one of them. A new moon in your opposite sign means the less you interfere, the more you will benefit from others' actions.

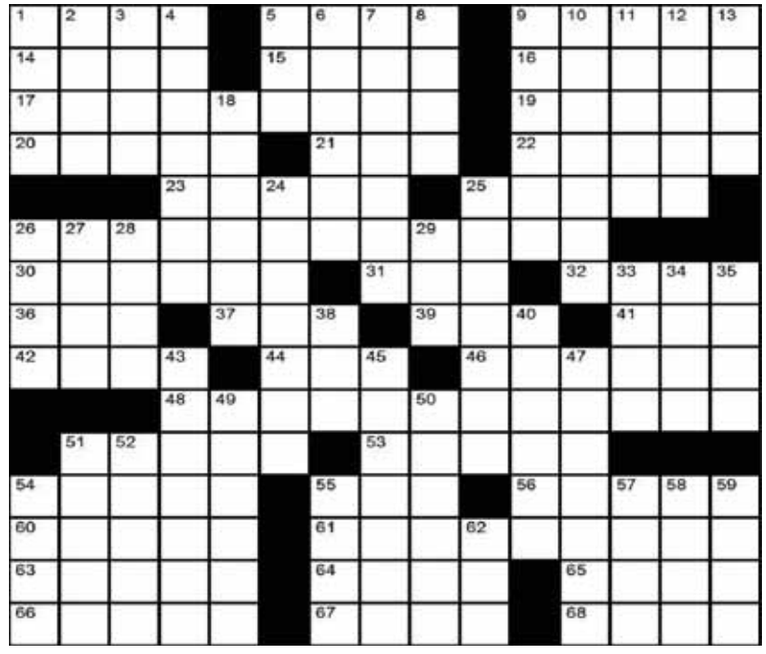
♓ Pisces
Feb. 20 - March 20
You must get organized. Above all, you must pay attention to what's going on around you. Details are always important but rarely more so than now.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Beach castle material
5. Small (partially eaten here) peach-in-colour fruit
9. Attires
14. 0's telephone letters
15. "__ __ the other hand..."
16. Habituate
17. TV talk show sketch on SNL hosted by Mike Myers character Dieter
19. '50s group, Frankie __ & The Teenagers
20. Nary _ __ (Nobody)
21. Sleep some
22. Blood, __ & Tears
23. Full range
25. BC's __ River Hot Springs Provincial Park
26. Museum of __ at the University of British Columbia (tourist attraction which is also a research/teaching institute)
30. Canadian airline with a racoon mascot
31. Rice: French
32. John A. Macdonald, and others
36. Uni + Bi = ?
37. Ink-on-skin pic
39. Eggplant, e.g.
41. One __ customer: 2 wds.
42. Singer Mr. Cooke's
44. Never: German
46. Our Lady Peace hit
48. BC city; or, third in line to the British throne: 2 wds.
51. Pandemonium
53. Fishhook line
54. Heaps
55. Pretzels brand
56. "Why should _ __?"
60. Elliptical path
61. Salary systems: 2 wds.
63. State bordering QC and NB
64. "Woe __ __!"
65. Neytiri, for one, in "Avatar" (2009)
66. "...I thee wed."
67. Russian refusal
68. Loved __ (Cherished people)

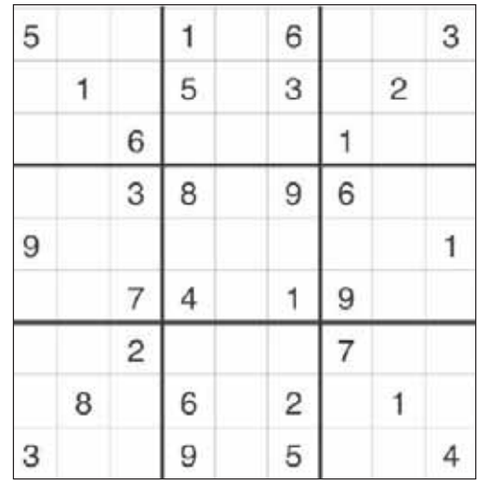
Down

1. Baseball's Sammy
2. Smartphone add-ons
3. Fictional detective Mr. Wolfe
4. Rainfall shortage
5. Informally fine
6. Prior-to-the-wedding contract, commonly
7. Shoulder's __ cuff
8. Cartoon guy Gadget's li'l rank
9. Montreal-born actress Jessalyn
10. Besides, variantly
11. Bruce and Demi's actress daughter
12. Wide-ranging
13. Faxed
18. Bordeaux wine
24. Toronto-born actor Rick
25. Cough drop
26. Li'l rental units
27. Ms. Ephron
28. Barbershop request
29. Actress Ms. Tyler
33. Old Roman road
34. Movie director, Nicolas __
35. "The Sweetest Taboo" singer
38. Can
40. Celt's language
43. Avenue in Toronto, also a subway station
45. 'Fumbling Towards __': 1993 Sarah McLachlan album
47. Ash-and-lava mountain
49. Team's player list
50. Digestive aid
51. __ reef
52. Nun's outfit
54. __ Linda, California
55. __ arms (Really angry): 2 wds.
57. Mr. Thicke
58. Dream: French
59. 'Photosynth' suffix
62. Kit

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

8	3	5	6	2	1	4	7	9
9	7	1	3	8	4	6	5	2
6	2	4	7	5	9	1	3	8
4	6	3	1	7	2	9	8	5
7	9	8	5	3	6	2	1	4
5	1	2	9	4	8	7	6	3
3	5	6	4	9	7	8	2	1
1	8	9	2	6	3	5	4	7
2	4	7	8	1	5	3	9	6

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 20° MIN: 11°	MAX: 16° MIN: 12°	MAX: 15° MIN: 11°

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$17/mo for 48 months at 21.99% APR[A]

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$16/mo for 48 months at 21.99% APR[A]

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- Dell Wireless-N Card

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